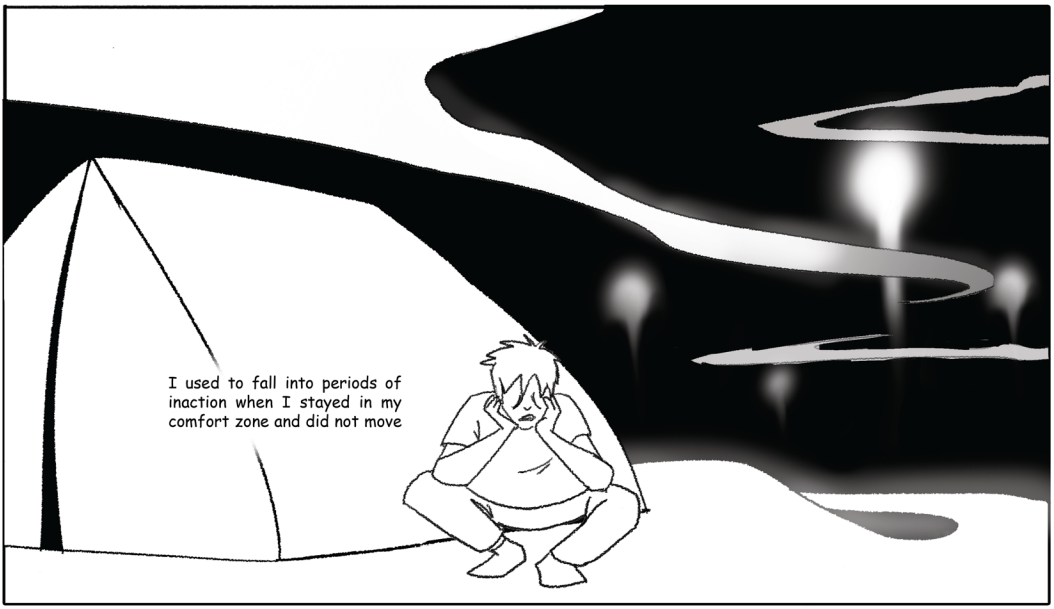
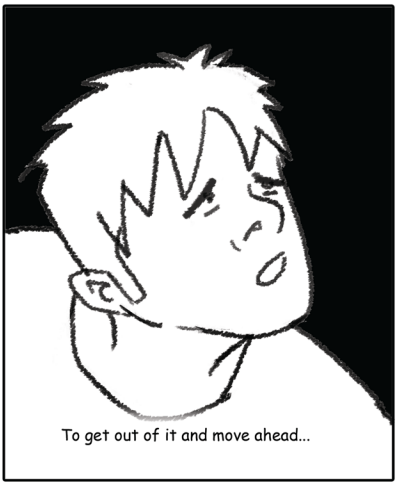
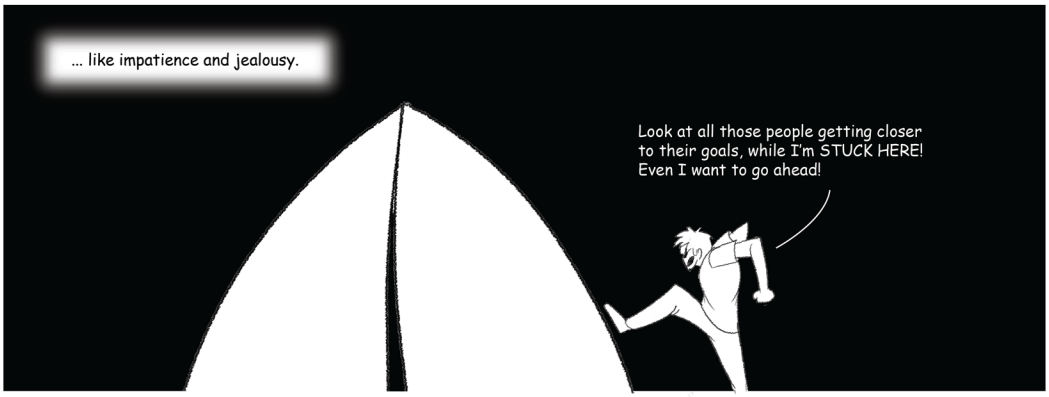
IRIDESCENT
a graphic novel by Shubh Gada

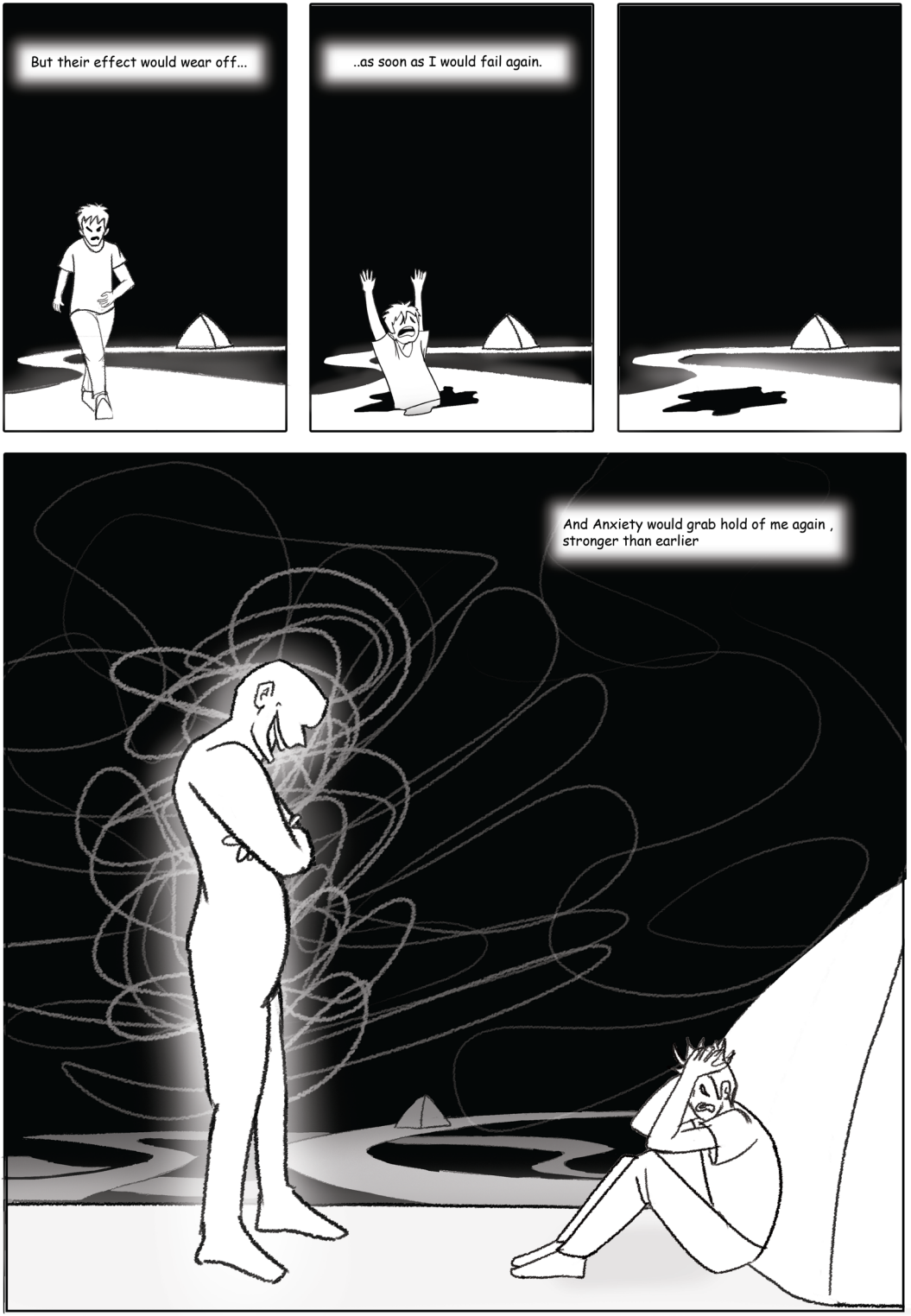
On my journey towards my dreams
I halted a lot due to anxiety
STOP
You are not yet ready to go ahead. You will just fail.

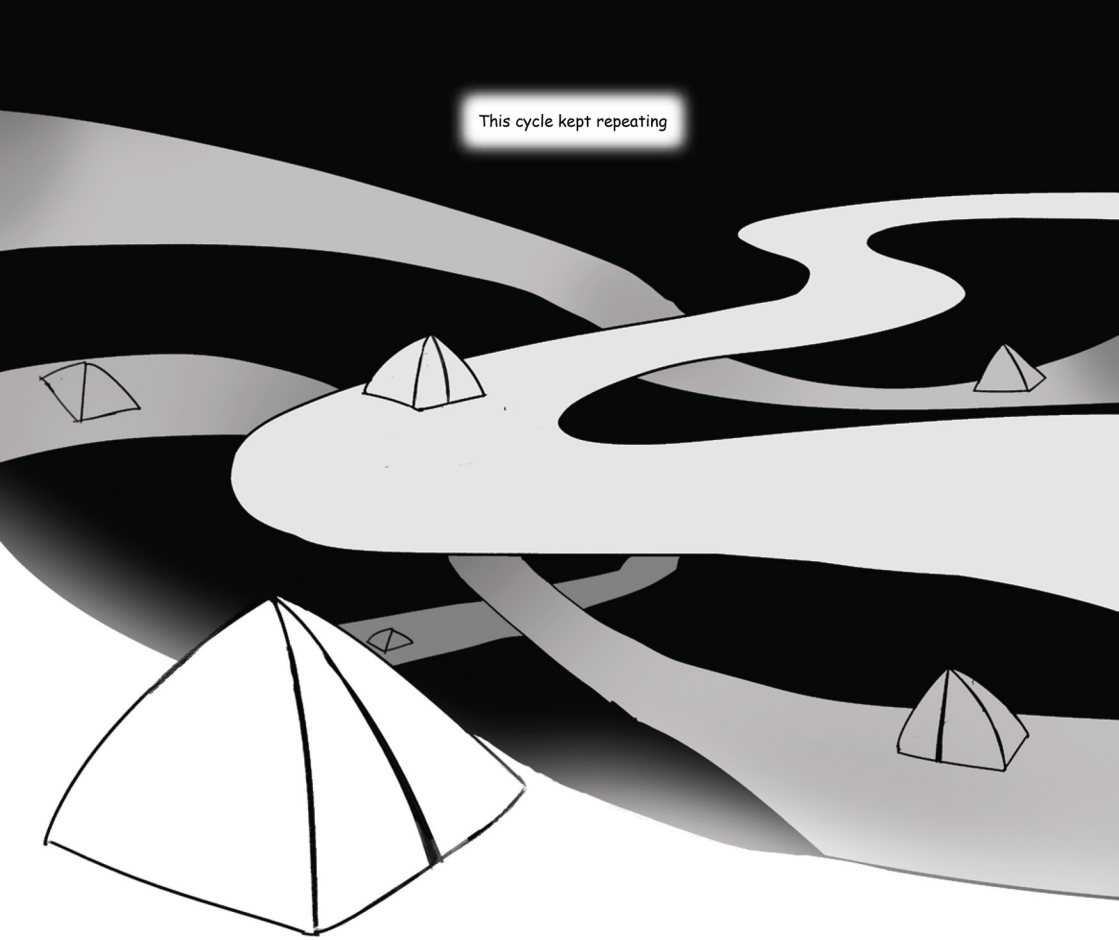

I used to fall into periods of inaction when I stayed in my comfort zone and did not move

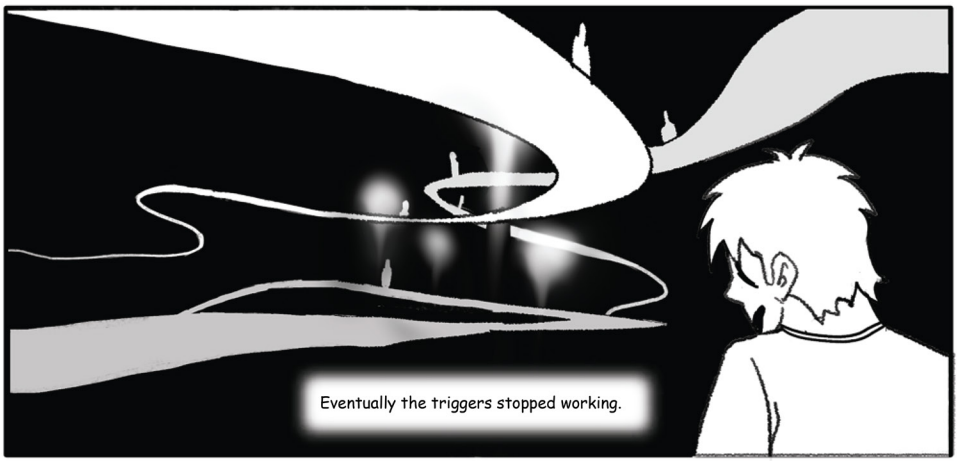

To get out of it and move ahead...

..I had to rely on external triggers

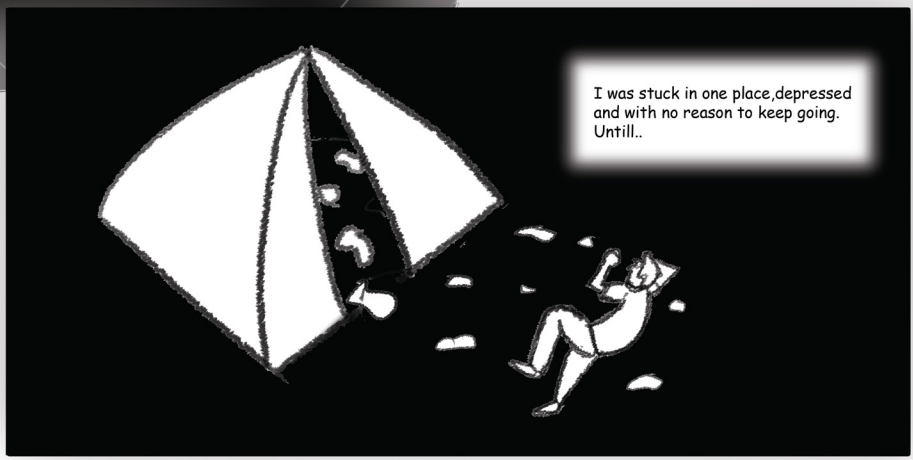

... like impatience and jealousy.
Look at all those people getting closer to their goals, while I'm STUCK HERE! Even I want to go ahead!


But their effect would wear off...
..as soon as I would fail again.
And Anxiety would grab hold of me again , stronger than earlier


This cycle kept repeating


Eventually the triggers stopped working.

Meanwhile, Anxiety kept growing with each failure.



.. I ran out of time!

Where do you think you are going? You go ahead ,you fail. Whats the point trying?
Let me go, I want to go chase my dreams!
You are not good enough, you will never reach them!

Well what good did waiting till I was good enough do to me?
...I almost ran out of time
I'd rather die trying than waiting!

The anxiety lost all its power as soon as i accepted it
It lost its power against my newly formed courage.

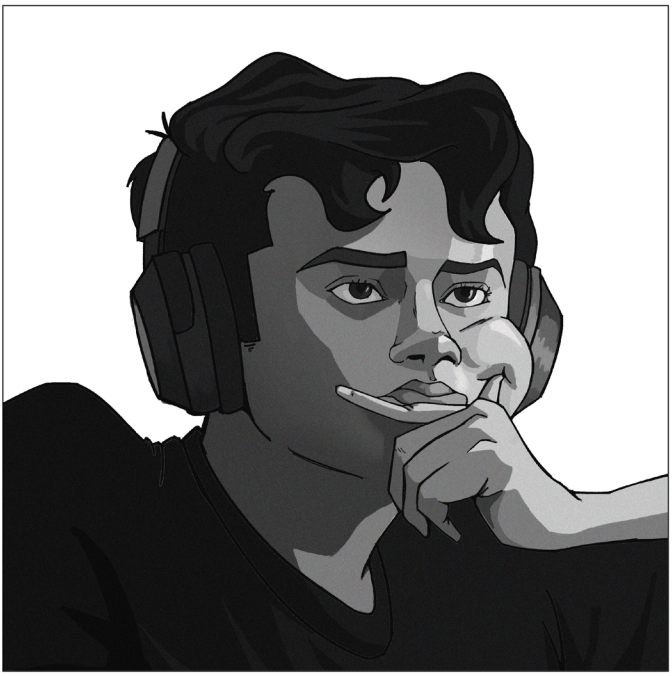
I have kept moving on trying to understand and accept anxiety.

It never went away completely but its a lot more manageable now.

I still get halted once in a while when anxiety gets the better of me.

But I remind myself of my dreams and move on.

CREATOR'S NOTE



Hi, I'm Shubh Gada, a visual communication designer with an interest in illustration and visual storytelling.

Through this comic I have sought to capture my experience dealing with anxiety, keeping it simplified and abstract enough to connect with everyone's unique struggles and lives. I hope this comic leaves a positive impact.

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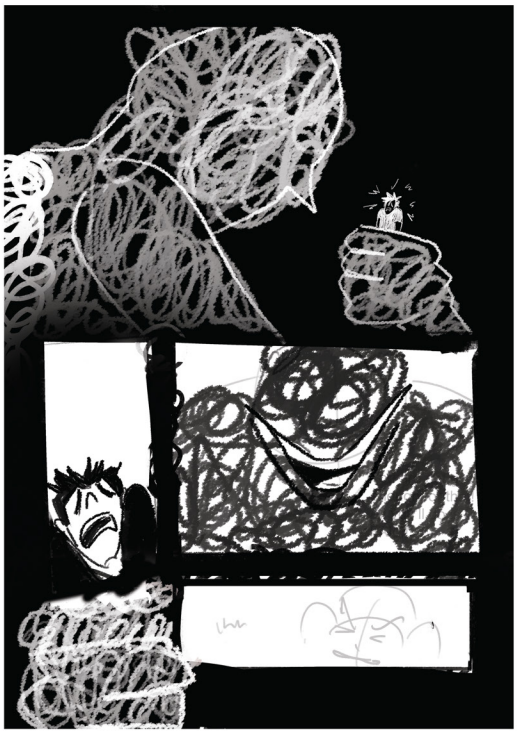
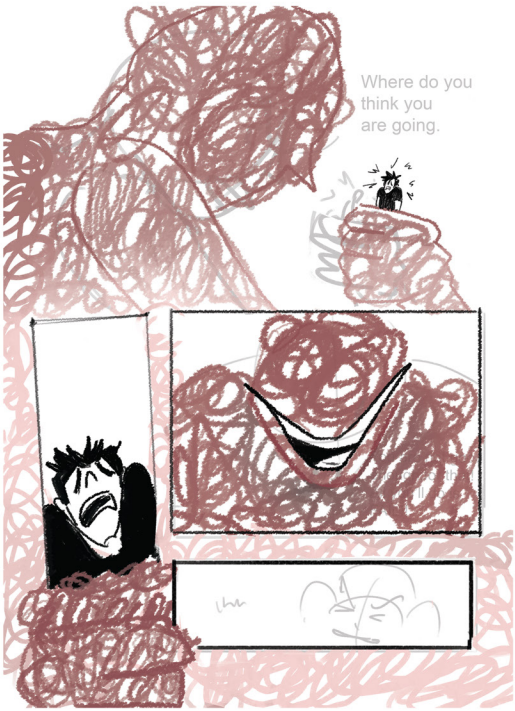
BEHIND THE SCENES - PRE PRODUCTION

I iterated a variety of visual styles before finalizing the one used in the comic.





FINAL STYLE